

Health counts!

Uniform Medical Plan's Wellness Program

- ✓Health Risk Assessment (HRA)
- ✓\$30.00 Premium Rebate

Health *counts!*

Earn points and rewards through **UMP's** new wellness program **Health Counts!**

Beginning summer 2006, UMP will offer a wellness program that pays you money to improve your health!

Earn points for healthy behaviors, such as:

- Filling out an online health questionnaire
- Getting your annual check-up and health screenings
- Eating 5-9 servings of fruits and vegetables per day
- Exercising 30 minutes at least 4 days per week
- Registering for *Free & Clear* if you use tobacco

Points can be redeemed for an annual premium rebate of \$30 per participating adult. You can get credit for healthy behavior all year, so you needn't wait to get started because your *Health Counts!*

Health counts

UMP's Wellness Program

- Kick Off July 2006
- Accumulate 100 points, receive a \$30.00 premium rebate check
- Available to each ADULT enrollee
- Web-based, individualized algorithm questionnaire based on health and lifestyle
- Points given for healthy lifestyles, healthy behaviors, and completing the UMP Health Risk Assessment.
- Interactive links to UMP benefits and health related sites.

Health counts

UMP's Wellness Program Health Risk Assessment (HRA)

- Scientific based tool developed in conjunction with the UW
- Technology platform developed to allow for changes
- Interactive, confidential, individualized web-based algorithm questionnaire
- Live links to benefits and information

Health counts

UMP's Wellness Program

Health Risk Assessment (HRA)

- 700 enrollee random sample done in March 2006
- Available to all enrollees as part of Health counts July 2006
- Results will give UMP information about enrollees health/lifestyle.
- Why? To help our enrollees learn/know what is healthy, understand their benefits, assist UMP with appropriate marketing strategies and communications.